

2550 Dusk Dr.
San Diego, CA 92139



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

(619)527-3458
www.sandiego.gov

SPORTS

WEIGHT ROOM

Ages: 16 and up
Day: Monday & Tuesday
Time: 3:00 p.m. - 7:45 p.m.
Day: Wednesday - Friday
Time: 3:00 p.m. - 7:00 p.m.
Cost: \$1.00/visit or \$5.00/month
Equipped with universal machine and free weights. Anyone under 18 years of age must have a waiver and release of liability form signed by their parents.



FLAG FOOTBALL

Ages: Boys & Girls 8 -12
Cost: \$40.00/ participant
Register now - September 30, 2006.
At time of registration, you must have proof of age and a small I.D. picture.



YOUTH BASKETBALL

Ages: Boys & Girls
8 - 10 & 11 - 12
Cost: \$60.00/ participant
Register November 1 through December 8, 2006.
League starts January 2007.
At time of registration, you must have proof of age and a small I.D. picture.
Fee will be used to purchase uniforms and officials.



COMPUTERS FOR KIDS

Days: Monday - Friday
Time: 4:00 p.m. - 5:30 p.m.
We have computers to assist children with their homework.



PENN ATHLETIC FIELD

FALL 2006 PROGRAM

Effective through
December 31, 2006



ACTIVITIES

AEROBIC KICKBOXING

Days: Tuesday & Thursday
Time: 5:30 p.m. - 6:30 p.m.
Cost: \$40.00 monthly
This class combines aerobics, background music (for motivation to help keep your pace with routine) and karate movements in order to give you a great cardiovascular workout with kicks, punches, floor exercises and band work. This class must have 10 - 12 students to start.



FREE ARTS & CRAFT

Ages: Boys & Girls 6 - 12
Day: Monday
Time: 3:30 pm - 4:30 pm

FREE PLASTER OF PARIS

Ages: Boys & Girls 6 - 12
Day: Thursday
Time: 3:30 pm - 4:30 pm
We must have 8-10 children to have this activity.

SPECIAL EVENTS

HALLOWEEN CARNIVAL

Date: Friday, October 27, 2006
Time: 5:30 p.m. - 7:30 p.m.
Tickets: 5/\$1.00
Come out and have fun, win prizes and play games. We need volunteers to help with the games, booths and bake goods for the cake walk. For information, call Paradise Hills Recreation Center at (619) 527-3419.



BREAKFAST WITH SANTA

Date: Saturday, December 16, 2006
Time: 9:00 a.m. - 12:00 p.m.
Cost: 11 & under Free
12 & older \$2.50

Come meet the Paradise Hills Recreation Council and enjoy breakfast and some entertainment. For information, call Paradise Hills Recreation Center at (619) 527-3419.



PROGRAMS, HOURS AND FEES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.

ADULT**SOFTBALL LEAGUES**

Please call John Nanos at (619) 593-4000 for more information.

RECYCLING PROGRAM

Penn Athletic Field is a recycling site. We have a recycling bin located in the parking lot for plastic bottles, cardboard, newspaper and aluminum/steel cans. All proceeds go directly to the programs at the center.

CHECK-OUT PROCEDURES

You may check-out sports equipment and board games with a valid I.D. or by obtaining a recreation card at the office. The first recreation card is free, 25¢ for additional cards (if lost).

RENTAL INFORMATION

Penn Athletic Field has a variety of recreational facilities open to the public. We have a meeting room, softball field and multi-purpose fields available for rent on an hourly basis. Contact the Center Director for fees.

**STAFF**

Mack Shelby	Area Manager
Maxine Faulcon	Center Director
Walter Anderson	Recreation Leader I
Edgard Guerrero	Recreation Leader I
Christina Paulino	Recreation Leader I
Aileen Raimsey	Recreation Leader I
Gabriel Ayala	GMW II

HOURS OF OPERATION

Monday	1:00 pm - 8:00 pm
Tuesday	1:00 pm - 8:00 pm
Wednesday	1:00 pm - 7:00 pm
Thursday	1:00 pm - 7:00 pm
Friday	1:00 pm - 7:00 pm
Saturday	9:00 am - 5:00 pm
Sunday	CLOSED
November 10, 2006	CLOSED
November 23, 2006	CLOSED
December 25, 2006	CLOSED
January 1, 2007	CLOSED

**PARADISE HILLS/
PENN ATHLETIC FIELD
COMMUNITY
RECREATION COUNCIL**

The Recreation Council meets the 1st Thursday of each month at 6:00 pm at Paradise Hills Recreation Center. The meetings are open to the public. For more information, please call (619) 527-3458.

AYSO

Please call Paradise Hills AYSO Region 581 - Commissioner Tony Cassillas (619) 470-1564
Website: www.aysoregion581.org

**PARADISE HILLS
YOUTH BASEBALL**

For information visit us at www.leaguelineup.com/ph-pony or call (619) 227-0205.

DONATIONS

By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call Stacey Lo Medico, Deputy Director CPII Division, (619) 685-1306.

VOLUNTEERS NEEDED!

Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619) 685-1324.